



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

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Contact: Tammy Glenn

Office (619) 595-4627 / Cell (619) 890-0778

SOAP UP BEFORE YOU SPLASH IN THE POOL TO KEEP THE WATER SAFE *County Health Officials Provide Pool Safety Tips as Temperatures Rise*

Make sure your trip to the local pool or water park doesn't end in illness. The County of San Diego Department of the Environmental Health will demonstrate potential problems and how to avoid them today at 10 a.m. at the City Heights Swim Center at 4380 Landis Street.

"Germs on people can contaminate others in the water, even when there is enough chlorine in the pool. Take a shower with soap before you go into the pool to reduce the risk of illness," recommends the County Department of Environmental Health Director, Gary Erbeck.

Department of Environmental Health staff inspects the more than 6,400 public pools in the county, and they are kicking off National Recreational Water Illness Prevention Week by educating the public about things in and around the pool that could make them sick.

One culprit is a diaper, even those designed specifically for swimming. Parents should change their child's diaper often, do it in the restroom – not at the poolside, and always wash their hands after changing a diaper.

In addition, anyone with diarrhea should stay out of the pool and public water attractions.

Also, children and adults should avoid getting pool water in their mouths.

Another important reminder for parents: there is no substitute for adult supervision to keep kids safe when near the water.

National Recreational Water Illness Prevention Week is a campaign led by the Centers for Disease Control in cooperation with state and local agencies.

For additional information about pool inspections and water safety tips, please visit <http://www.co.san-diego.ca.us/deh/water/pool.html>.

EDITOR'S NOTE: *Department of Environmental Health officials will demonstrate how a diaper can cause problems in the water, followed by a pool safety inspection. A Spanish speaker will also be available for interviews.*

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1600 PACIFIC HIGHWAY, ROOM 208 • SAN DIEGO, CA 92101